

# SCHÄR

## STUFFED ARTICHOKE

Ingredients: 12 artichokes, 150 gr. (5 oz.) salami-type sausage, 2 **Schär gluten-free Classic white rolls**, 1 cup milk, 1 small onion, 50 gr. (2 oz.) boiled ham, 50 gr. (2 oz.) Fontina cheese, 2 tablespoons grated parmesan cheese, 1 egg, 1 clove of garlic, salt and pepper, olive oil as needed.

Preparation: Peel the artichokes down to the hearts. Filling: Mix well in a bowl the bread softened in milk, the chopped onion, the finely chopped sausage, the chopped ham, parmesan cheese, egg, salt, pepper, and olive oil. Boil the whole artichoke hearts briefly in hot water, then drain and dry. Press somewhat in each centre, garnish the depression with the filling, and cover with the grated Fontina cheese. Bake in a preheated oven at 200° C. (400° F. / Gasmark 6) for 30 minutes.

Nutritional values/100g

protein 7,3 g fat 9,4 g carbohydrates 6 g Kcal 137 Kj 577